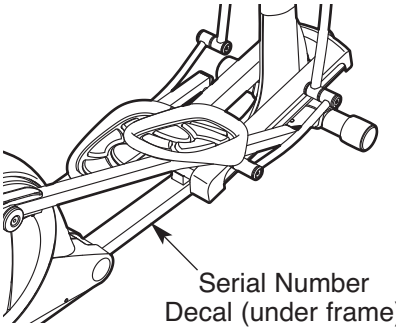
PRO-FORM®
600 ZNE

www.proform.com

Model No. PFEL05619.0
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

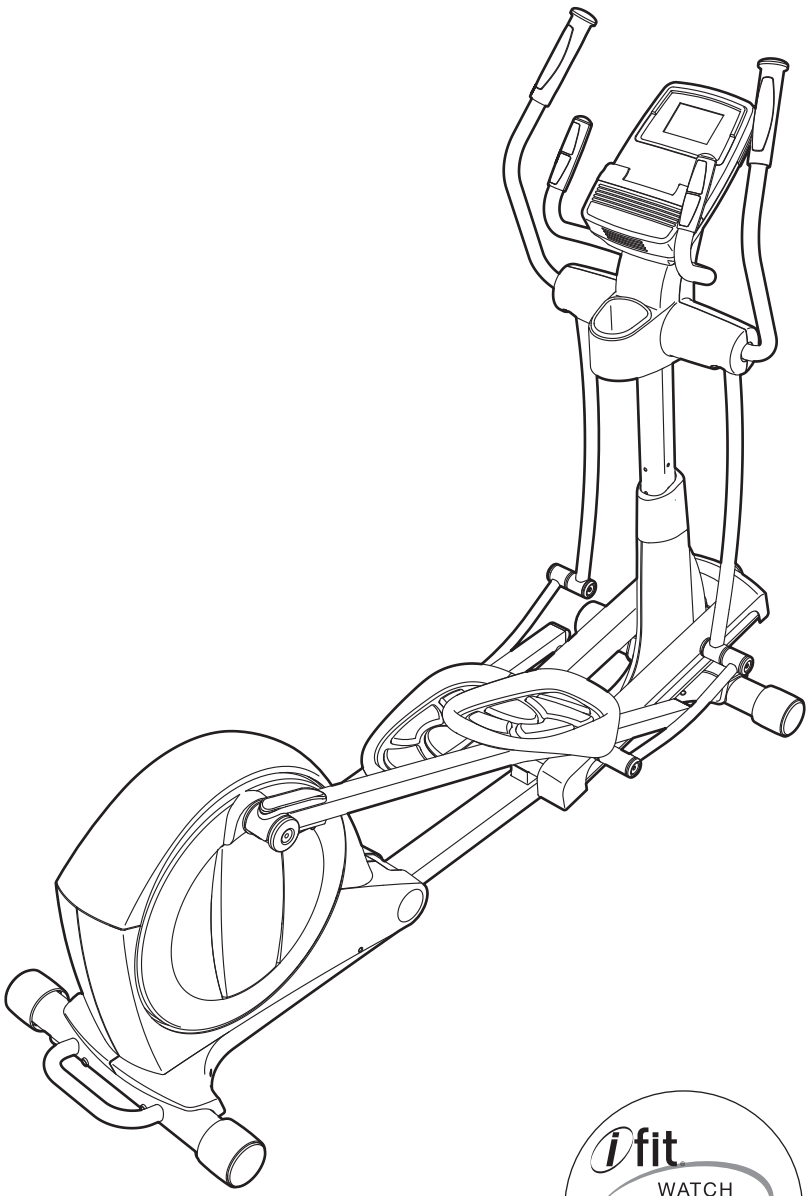
CALL TOLL-FREE:
1-888-533-1333
Mon.–Fri., 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.proformservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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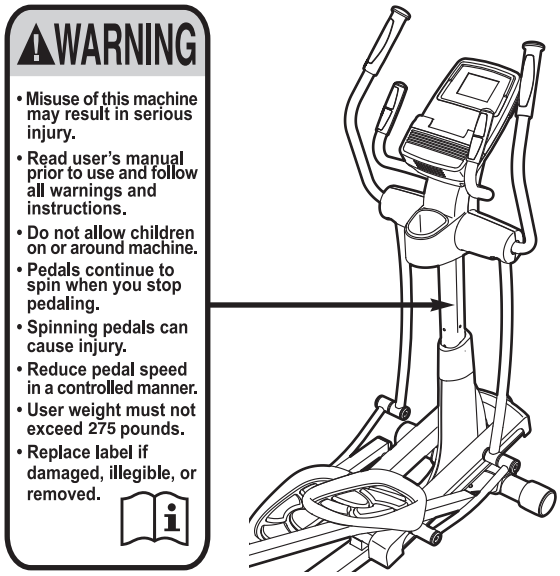
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Pedals continue to spin when you stop pedaling.
• Spinning pedals can cause injury.
• Reduce pedal speed in a controlled manner.
• User weight must not exceed 275 pounds.
• Replace label if damaged, illegible, or removed.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

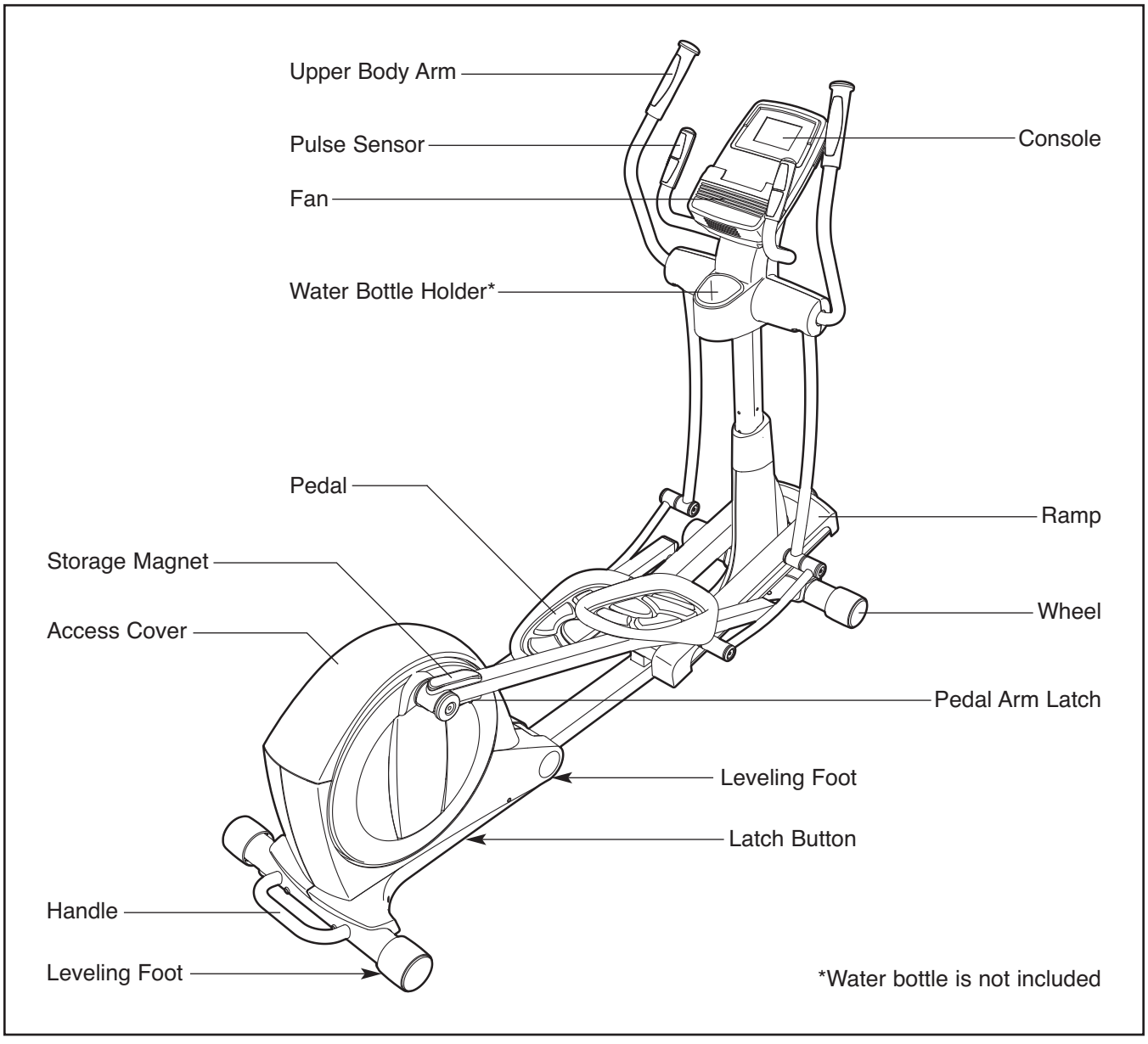
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **Use the elliptical only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.**
4. **The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.**
5. **Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.**
6. **Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.**
7. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
8. **Keep children under age 12 and pets away from the elliptical at all times.**
9. **The elliptical should not be used by persons weighing more than 275 lbs. (125 kg).**
10. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.**
11. **Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.**
12. **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
13. **The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.**
14. **Keep your back straight while using the elliptical; do not arch your back.**
15. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 600 ZNE elliptical. The 600 ZNE elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

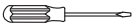
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



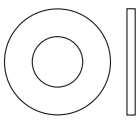
ASSEMBLY

To hire an authorized service technician to assemble the elliptical, call 1-800-445-2480.

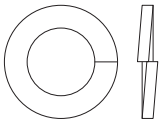
Assembly requires two persons. Place all parts of the elliptical in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires a Phillips screwdriver  **and a rubber mallet** **.**

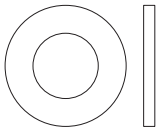
As you assemble the elliptical, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**



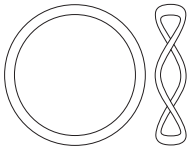
M6 Washer
(112)–8



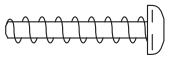
M8 Split Washer
(103)–14



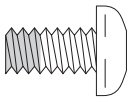
M8 Washer
(95)–6



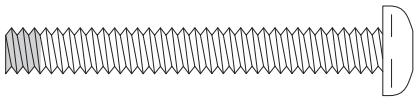
Wave Washer
(118)–2



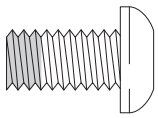
M4 x 19mm
Screw (123)–8



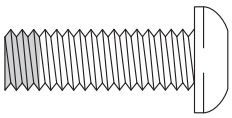
M6 x 12mm Patch
Screw (111)–4



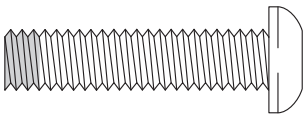
M6 x 50mm Patch
Screw (62)–4



M8 x 16mm Patch
Screw (102)–16



M8 x 25mm Patch
Screw (121)–2



M8 x 35mm Patch
Screw (137)–2

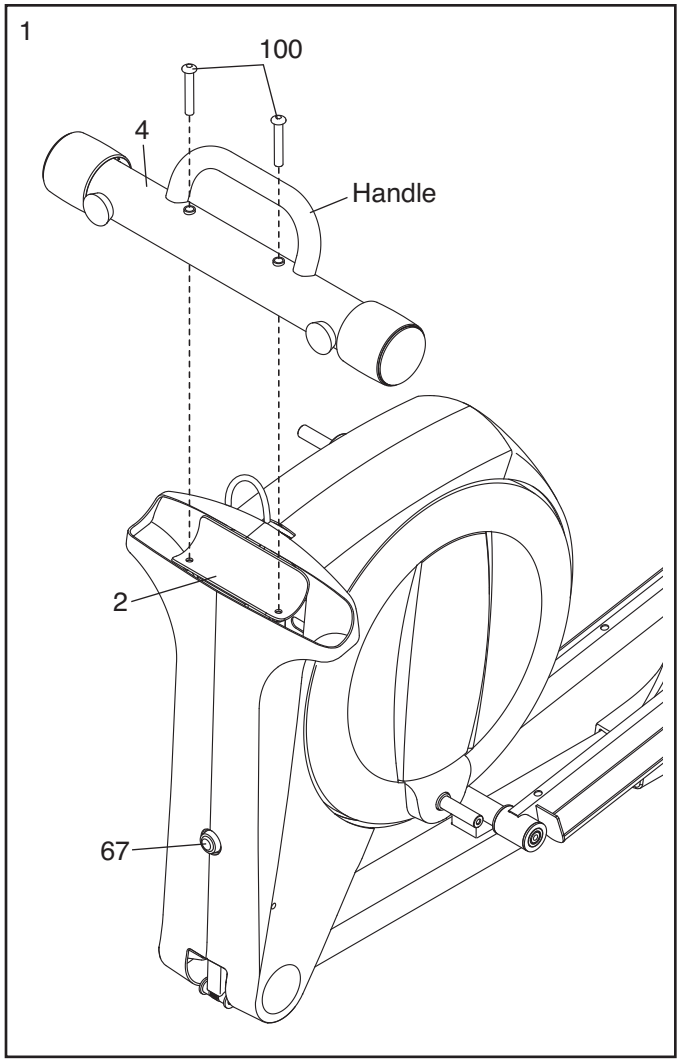
M10 x 95mm Patch
Screw (100)–4

1. **To make assembly easier, read the information on page 5 before you begin.**

Orient the Rear Stabilizer (4) as shown.

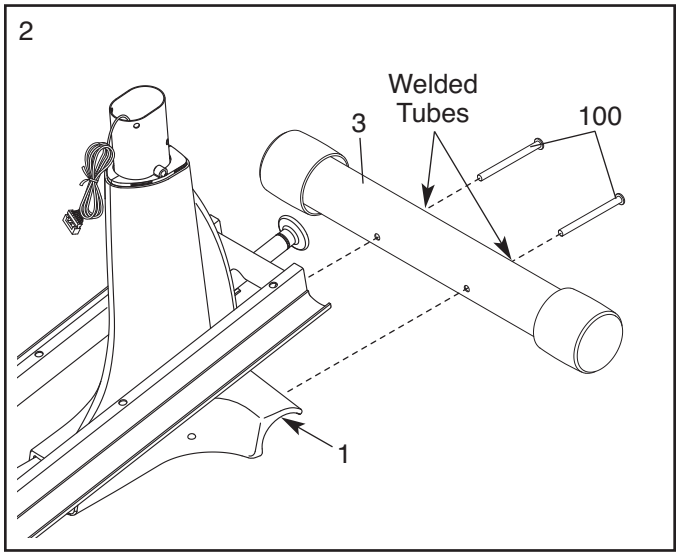
Attach the Rear Stabilizer (4) to the Folding Frame (2) with two M10 x 95mm Patch Screws (100).

Next, hold the handle on the Rear Stabilizer (4), press the Latch Button (67), and lower the Rear Stabilizer and the Folding Frame (2) to the floor.



2. Orient the Front Stabilizer (3) so that the welded tubes are facing away from the Main Frame (1).

While a second person lifts the front of the Main Frame (1), attach the Front Stabilizer (3) with two M10 x 95mm Patch Screws (100).



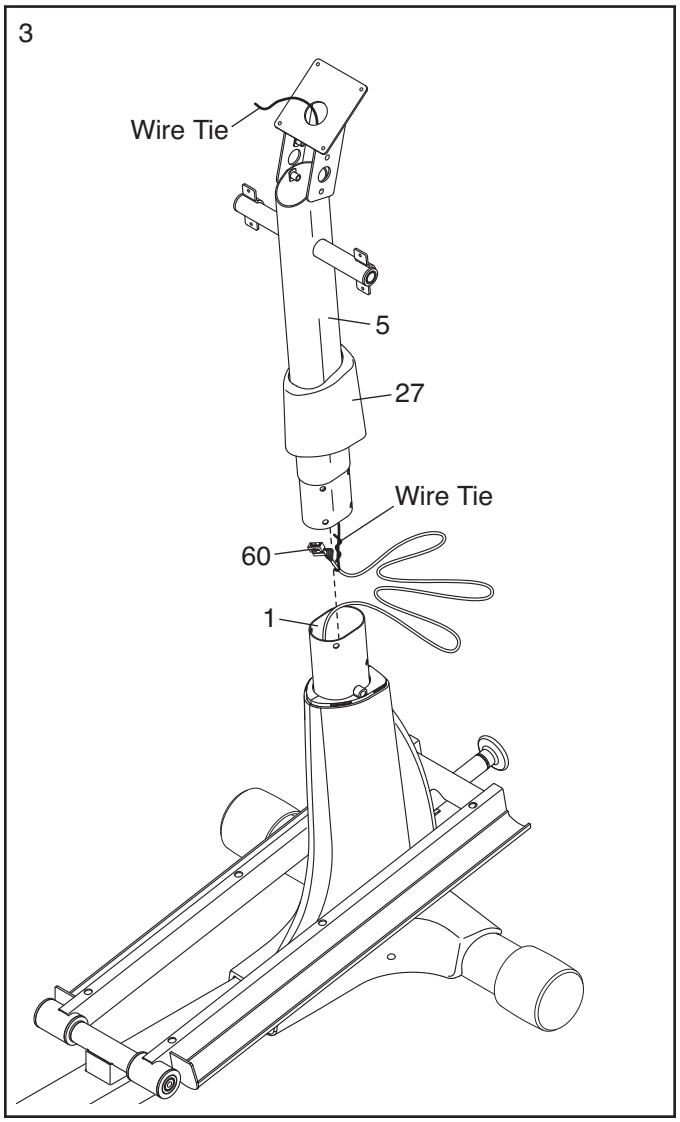
3. Identify and orient the Upright (5) and the Top Cover (27) as shown.

   Slide the Top Cover (27) upward onto the Upright (5).

   Then, have a second person hold the Upright (5) and the Top Cover (27) near the Main Frame (1) until step 4.

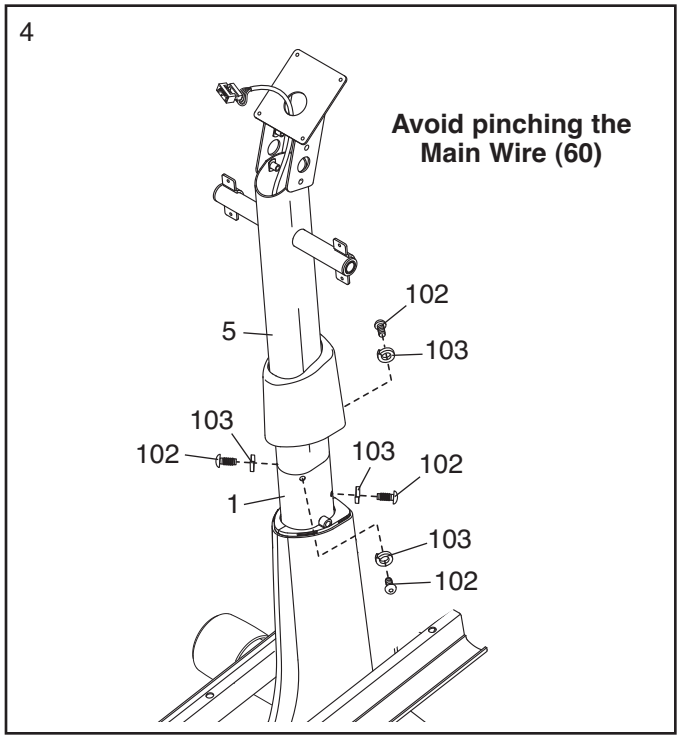
   Locate the wire tie in the Upright (5). Tie the lower end of the wire tie to the Main Wire (60). Next, pull the upper end of the wire tie until the Main Wire is routed completely through the Upright.

   Tip: To prevent the Main Wire (60) from falling into the Upright (5), secure the Main Wire with the wire tie.



4. **Tip: Avoid pinching the Main Wire (60).** Insert the Upright (5) into the Main Frame (1).

   Attach the Upright (5) with four M8 x 16mm Patch Screws (102) and four M8 Split Washers (103); **do not tighten the Patch Screws yet. You will tighten the Patch Screws at the end of step 11.**



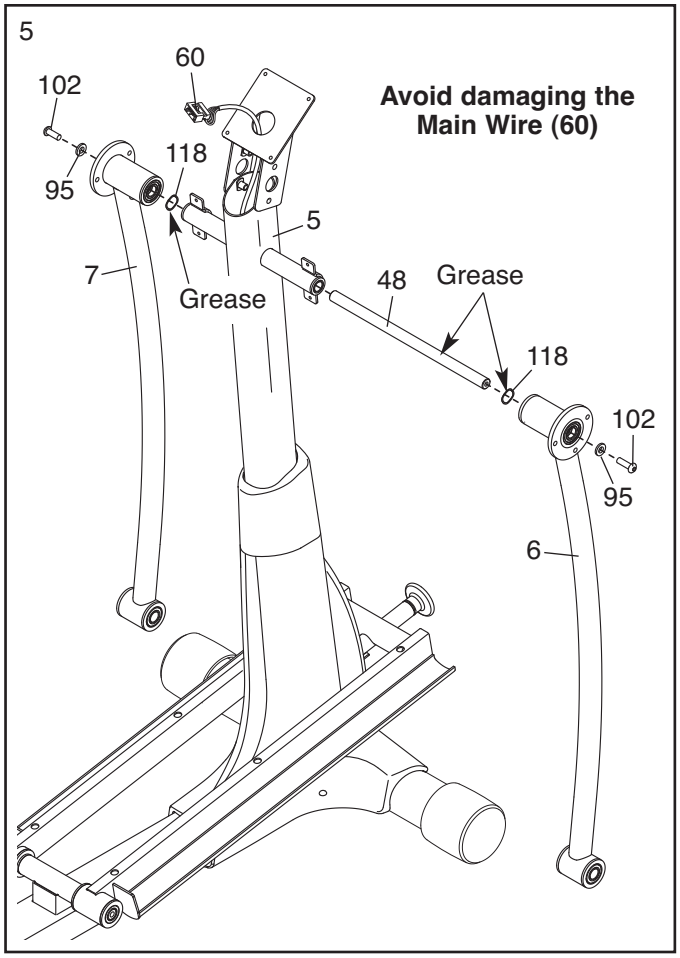
5. Using a small plastic bag to keep your fingers clean, apply a coat of the included grease to the Upright Axle (48) and to two Wave Washers (118).

   Tip: Avoid damaging the Main Wire (60). Insert the Upright Axle (48) through the Upright (5) and center it. Slide a Wave Washer (118) onto each side of the Upright Axle.

   Next, identify the Right and Left Upper Body Legs (6, 7), which are marked with "Right" and "Left" stickers, and orient them as shown.

   Slide the Right and Left Upper Body Legs (6, 7) onto the right and left sides of the Upright Axle (48).

   Tighten an M8 x 16mm Patch Screw (102) and an M8 Washer (95) into each end of the Upright Axle (48) at the same time.



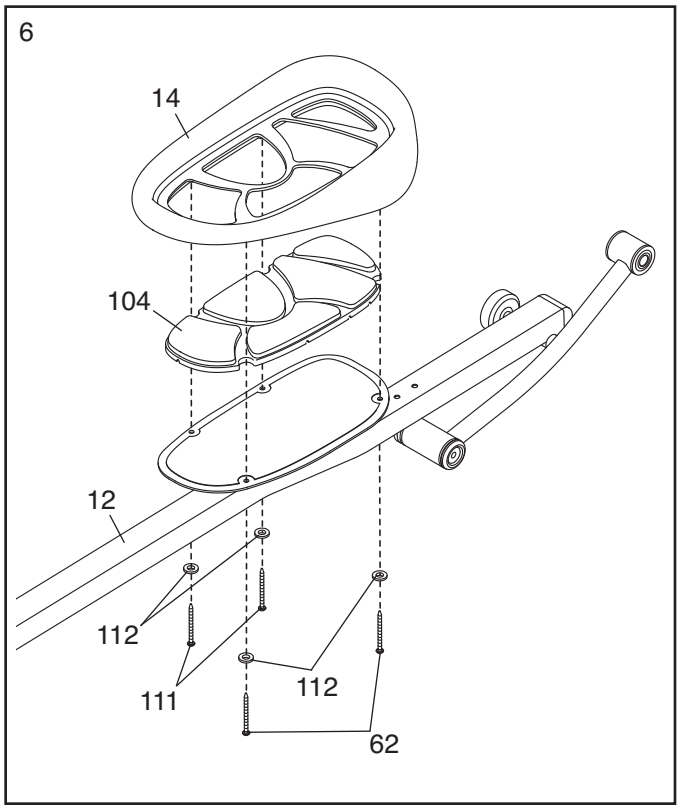
6. Identify the Right Pedal (14), the Right Pedal Pad (104), and the Right Pedal Arm (12) assembly, which are marked with "Right" stickers, and orient them as shown.

   Set the Right Pedal Pad (104) on the Right Pedal Arm (12). Then, set the Right Pedal (14) on the Right Pedal Pad.

   Attach the Right Pedal (14) to the Right Pedal Arm (12) with two M6 x 12mm Patch Screws (111) and two M6 Washers (112); **do not tighten the Patch Screws yet.**

   Next, tighten two M6 x 50mm Patch Screws (62) and two M6 Washers (112) into the Right Pedal Arm (12) and the Right Pedal (14). **Then, tighten the two M6 x 12mm Patch Screws (111).**

   Attach the Left Pedal (not shown) to the Left Pedal Arm (not shown) assembly in the same way.

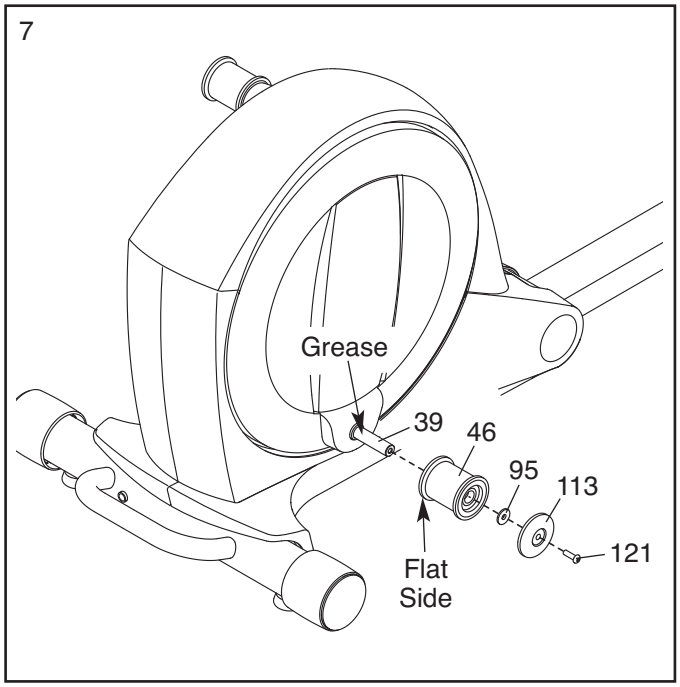


7. Apply grease to the axle on the right Crank Arm (39).

   Orient a Pedal Arm Sleeve (46) so that the flat side is facing the elliptical. Slide the Pedal Arm Sleeve onto the axle on the right Crank Arm (39).

   Attach the Pedal Arm Sleeve (46) with an M8 x 25mm Patch Screw (121), a Large Axle Cover (113), and an M8 Washer (95). **Tip: Avoid damaging the Large Axle Cover when tightening the Patch Screw.**

   Repeat this step on the other side of the elliptical.



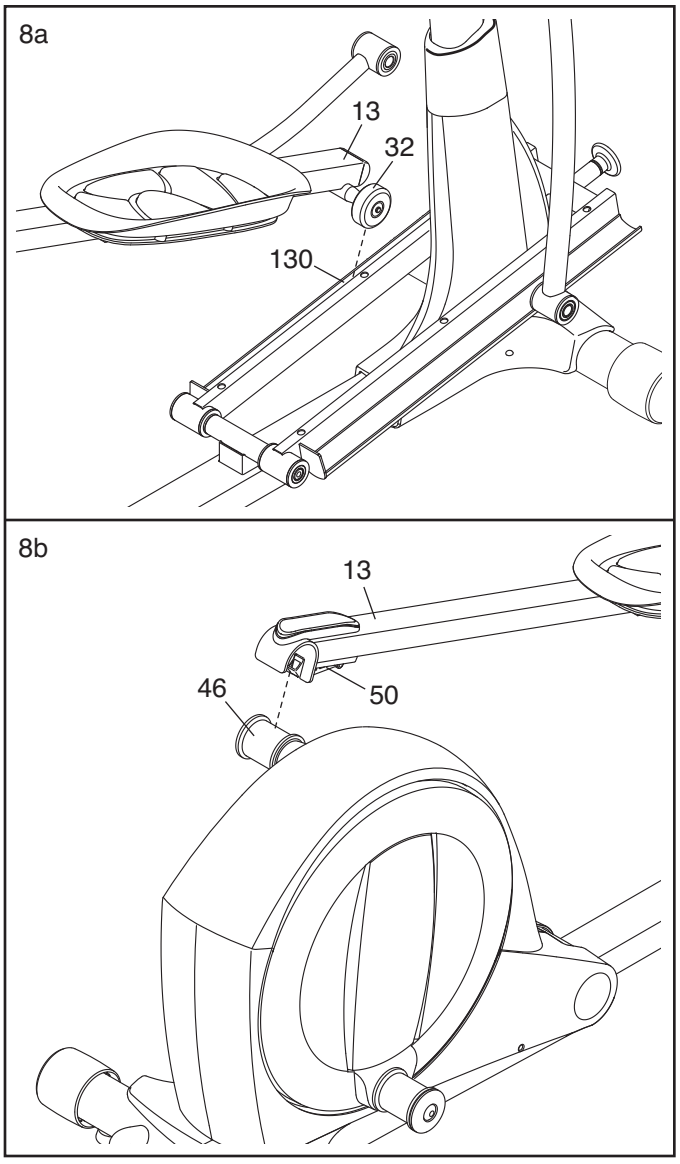
8. **See drawing 8a.** Locate the Pedal Arm Roller (32) on the Left Pedal Arm (13).

   Set the Pedal Arm Roller (32) on the left side of the Ramp (130).

   See drawing 8b. Pull upward on the Latch (50) on the Left Pedal Arm (13).

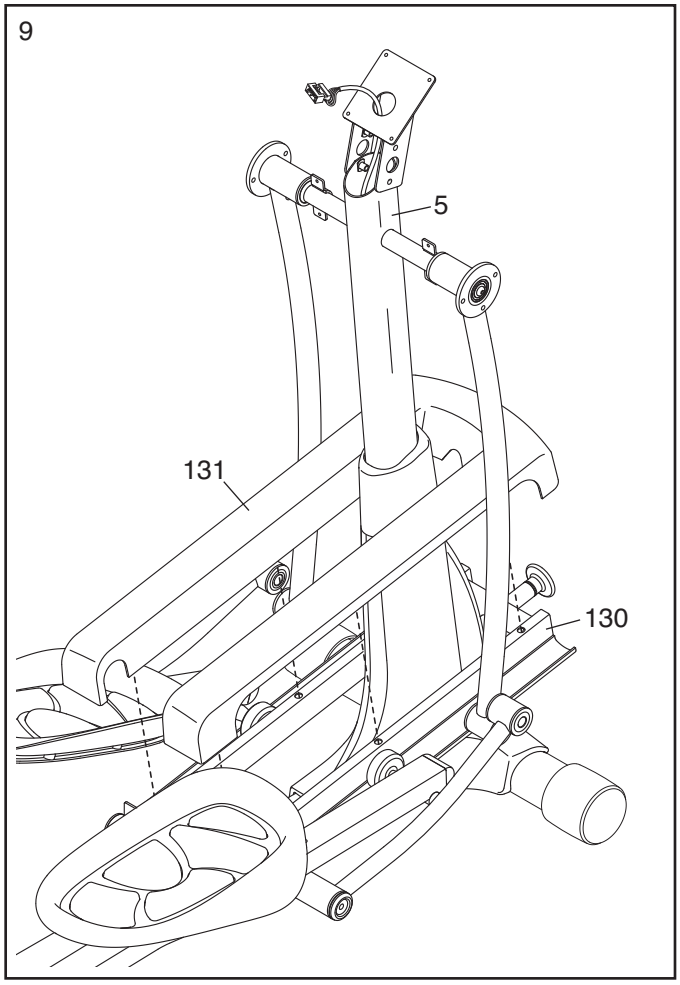
   Press the Left Pedal Arm (13) onto the left Pedal Arm Sleeve (46). **Make sure that the Left Pedal Arm latches into place.**

   Repeat this step on the other side of the elliptical.



9. Orient the Ramp Cover (131) around the Upright (5) as shown.

   Press the tabs on the Ramp Cover (131) into the Ramp (130).



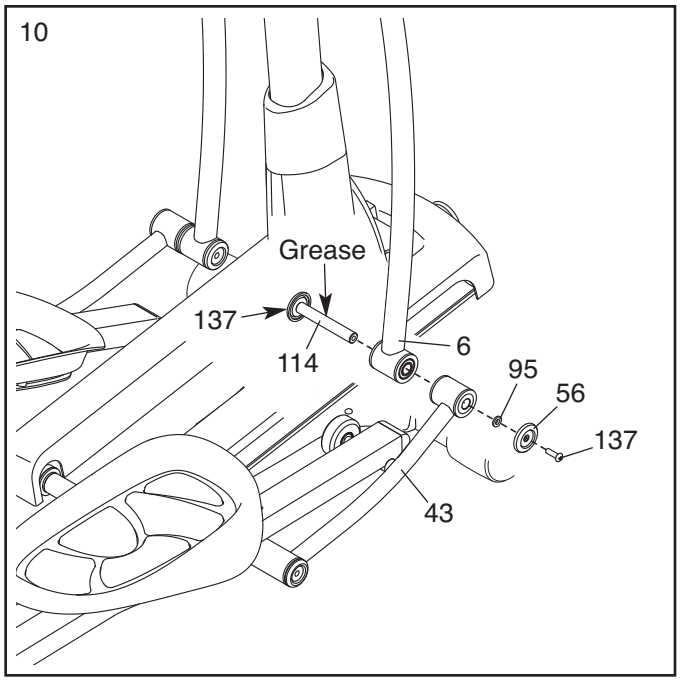
10. Apply grease to a Link Arm Axle (114).

    Insert the Link Arm Axle (114) into the Right Upper Body Leg (6) and the Right Link Arm (43) from the side shown.

    Insert a hex key into the M8 x 35mm Patch Screw (137) in the Link Arm Axle (114).

    Using a second hex key, tighten another M8 x 35mm Patch Screw (137), a Small Axle Cover (56), and an M8 Washer (95) into the other end of the Link Arm Axle (114). **Tip: Avoid damaging the Small Axle Cover when tightening the Patch Screw.**

    Repeat this step on the other side of the elliptical.



11. Identify the Right Upper Body Arm (8), which is marked with a “Right” sticker, and orient it as shown.

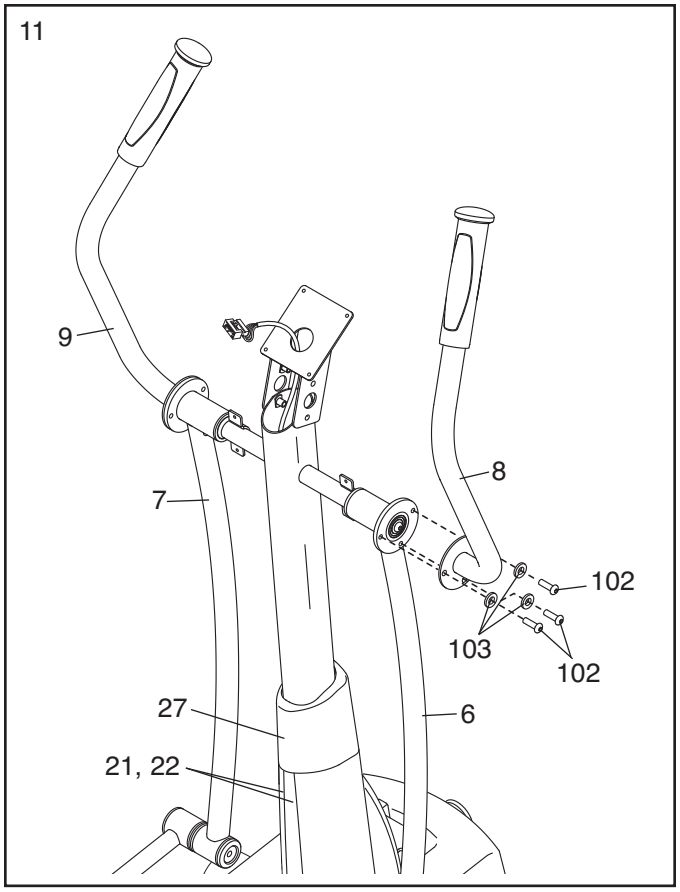
    Have a second person hold the Right Upper Body Arm (8) near the Right Upper Body Leg (6).

    Attach the Right Upper Body Arm (8) to the Right Upper Body Leg (6) with three M8 x 16mm Patch Screws (102) and three M8 Split Washers (103).

    Attach the Left Upper Body Arm (9) to the Left Upper Body Leg (7) in the same way.

    See step 4 on page 7. Tighten the M8 x 16mm Patch Screws (102).

    Slide the Top Cover (27) downward and press it into the Right and Left Frame Covers (21, 22).



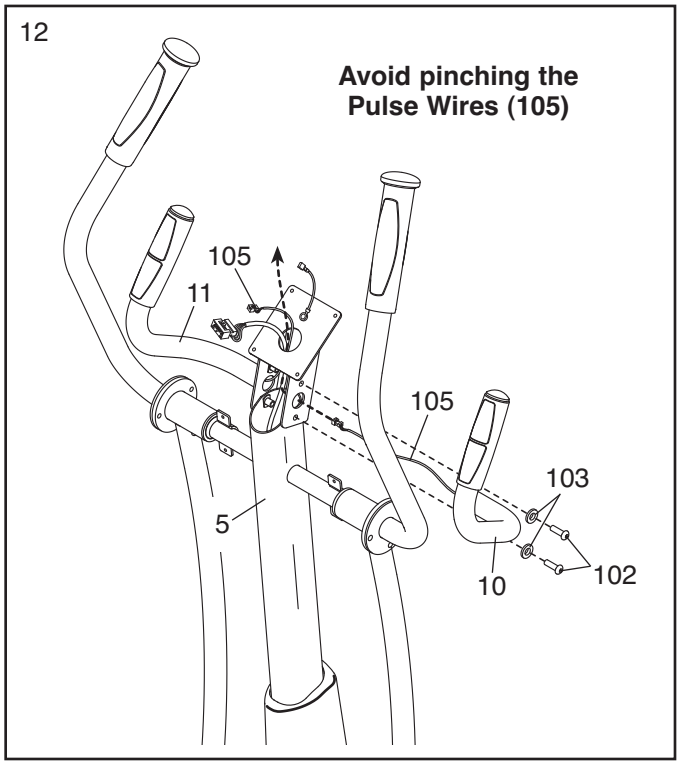
12. Identify the Right Handlebar (10), which is marked with a “Right” sticker, and orient it as shown.

    Have a second person hold the Right Handlebar (10) near the right side of the Upright (5).

    Insert the Pulse Wire (105) from the Right Handlebar (10) into the right side of the Upright (5) and pull it upward out of the top of the Upright.

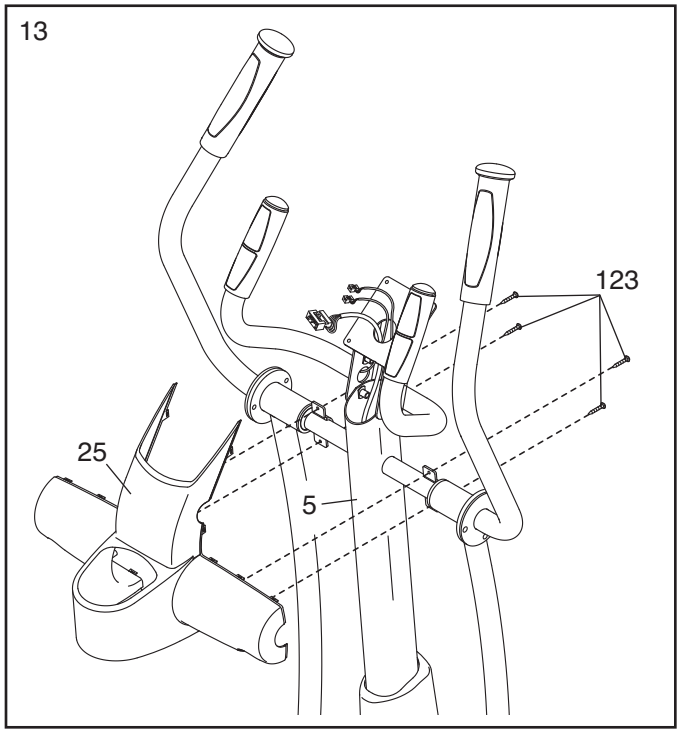
    Tip: Avoid pinching the Pulse Wire (105).
    Attach the Right Handlebar (10) to the Upright (5) with two M8 x 16mm Patch Screws (102) and two M8 Split Washers (103).

    Attach the Left Handlebar (11) in the same way.



13. Orient the Rear Upright Cover (25) as shown.

    Attach the Rear Upright Cover (25) to the Upright (5) with four M4 x 19mm Screws (123).

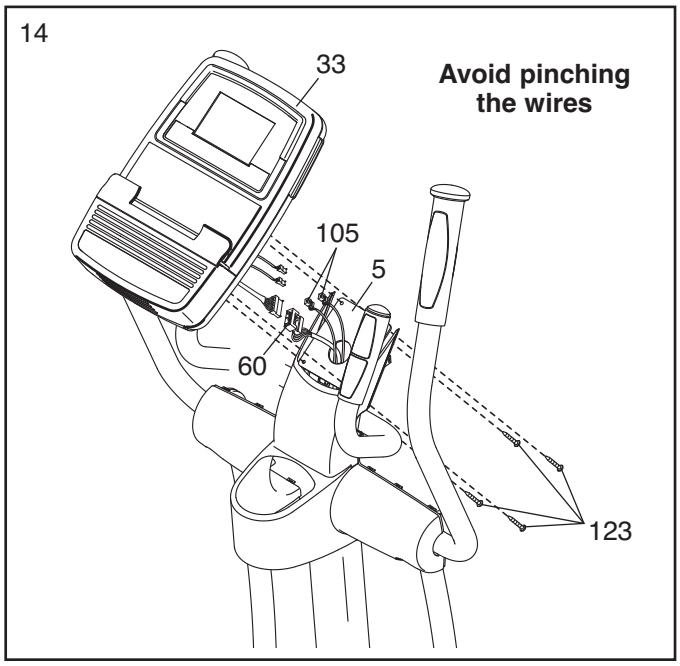


14. Untie and discard the wire tie attached to the Main Wire (60).

    While a second person holds the Console (33) near the Upright (5), connect the wires on the Console to the Main Wire (60) and to the Pulse Wires (105).

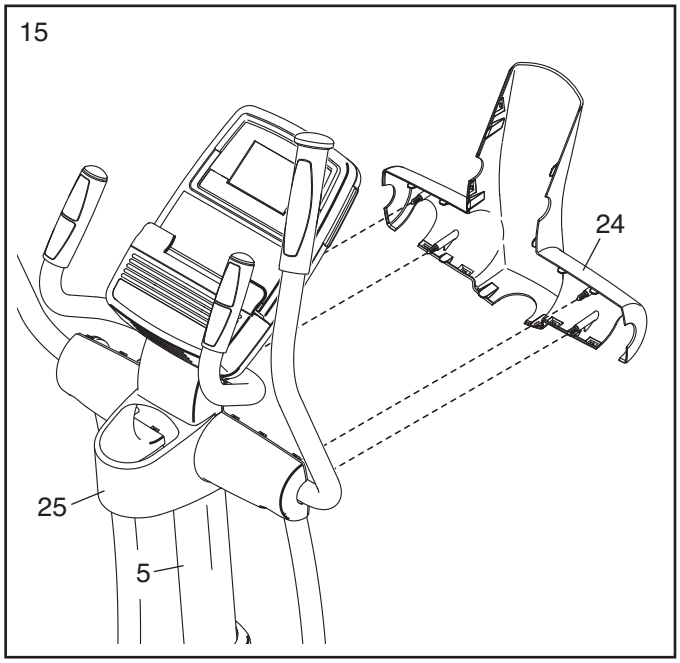
    Insert the excess wire downward into the Upright (5) or upward into the Console (33).

    Tip: Avoid pinching the wires. Attach the Console (33) to the Upright (5) with four M4 x 19mm Screws (123).



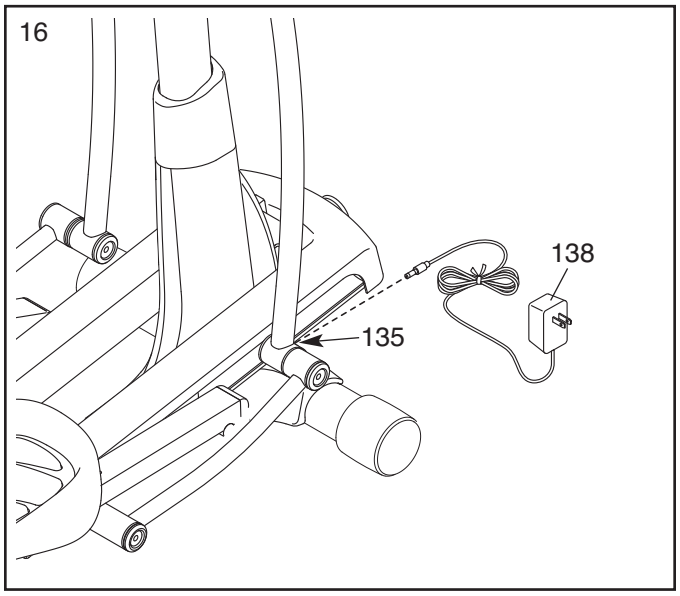
15. Orient the Front Upright Cover (24) as shown.

    Attach the Front Upright Cover (24) around the Upright (5) by pressing the tabs on the Front Upright Cover into the Rear Upright Cover (25).



16. Plug the Power Adapter (138) into the Power Receptacle (135).

    To plug the Power Adapter (138) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 14.

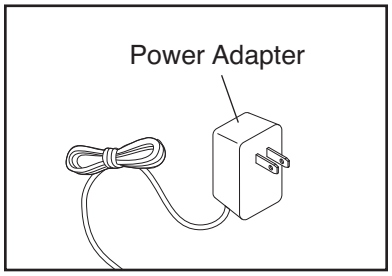


17. **Make sure that all parts of the elliptical are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical.

HOW TO USE THE ELLIPTICAL

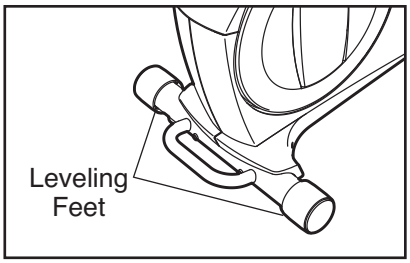
HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

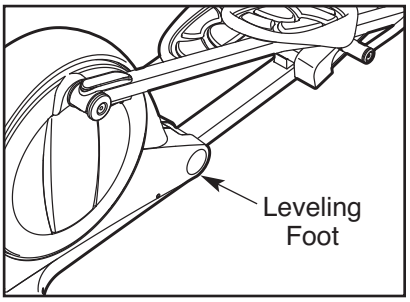


Plug the power adapter into the receptacle on the frame of the elliptical. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

HOW TO LEVEL THE ELLIPTICAL



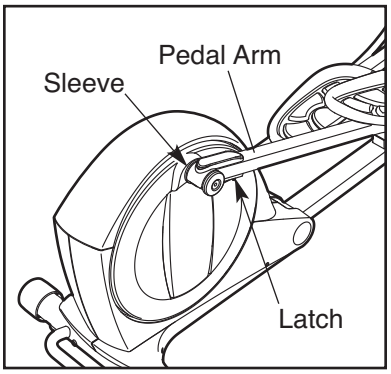
If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.



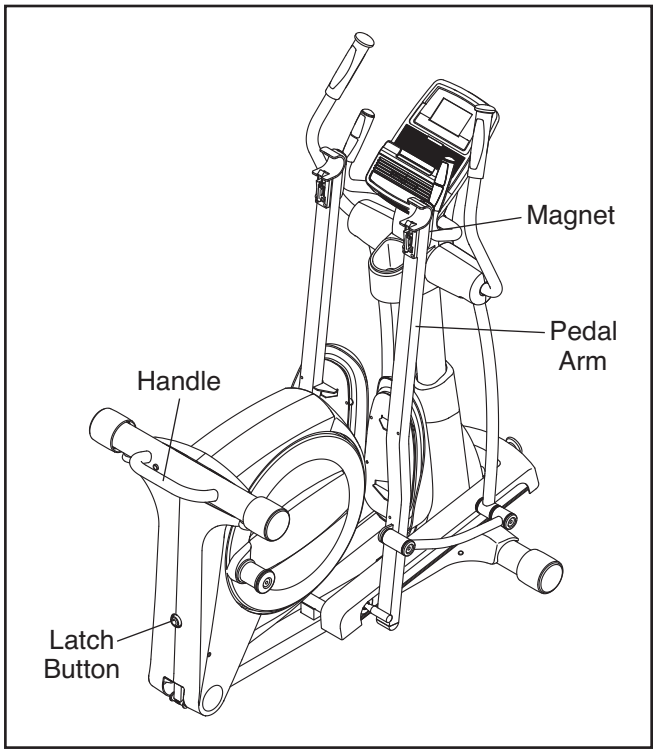
If the frame of the elliptical flexes during use, turn the center leveling foot until the flexing motion is eliminated.

HOW TO FOLD AND UNFOLD THE ELLIPTICAL

When the elliptical is not in use, the frame can be folded out of the way. First, lift the latch under each pedal arm, and lift the pedal arms off the sleeves on the crank arms.



Next, raise the pedal arms until the magnets on the pedal arms touch the handlebars; the magnets will hold the pedal arms in place. Then, hold the handle and lift the frame until it locks in a vertical position.

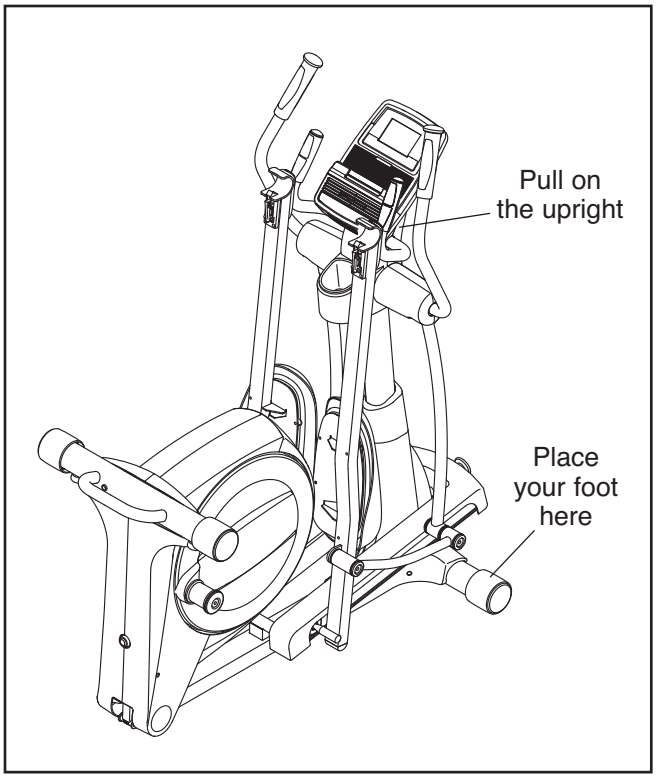


To use the elliptical, first hold the handle, press the latch button, and lower the frame.

Next, pull the magnets on the pedal arms off the handlebars. Then, **lift the latches under the pedal arms,** and set the pedal arms on the sleeves on the crank arms. Release the latches, and make sure that the pedal arms are securely connected to the crank arms

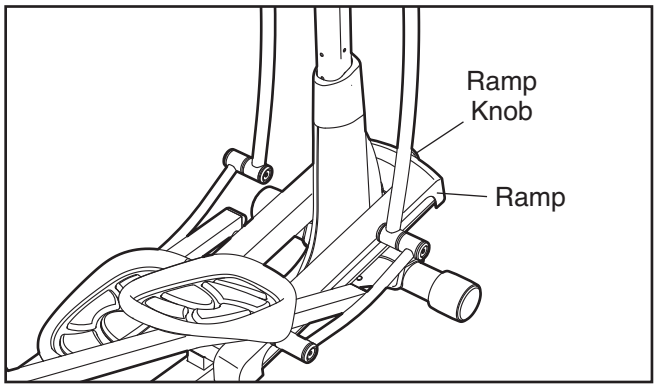
HOW TO MOVE THE ELLIPTICAL

To move the elliptical, first fold it as described above. Next, stand in front of the elliptical, hold the upright, and place one foot against one of the wheels. Pull the upright until the elliptical rolls on the wheels. With the help of a second person, carefully move the elliptical to the desired location, and then lower it to the floor.



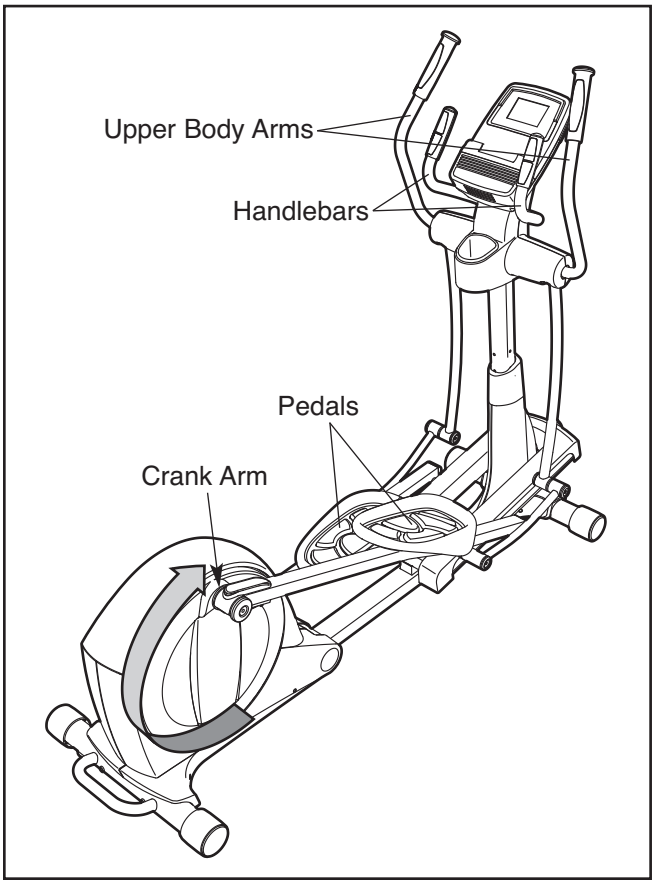
HOW TO CHANGE THE INCLINE OF THE RAMP

To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, pull the ramp knob outward, raise or lower the ramp, and engage the ramp pin into one of the adjustment holes in the front of the frame.



HOW TO EXERCISE ON THE ELLIPTICAL

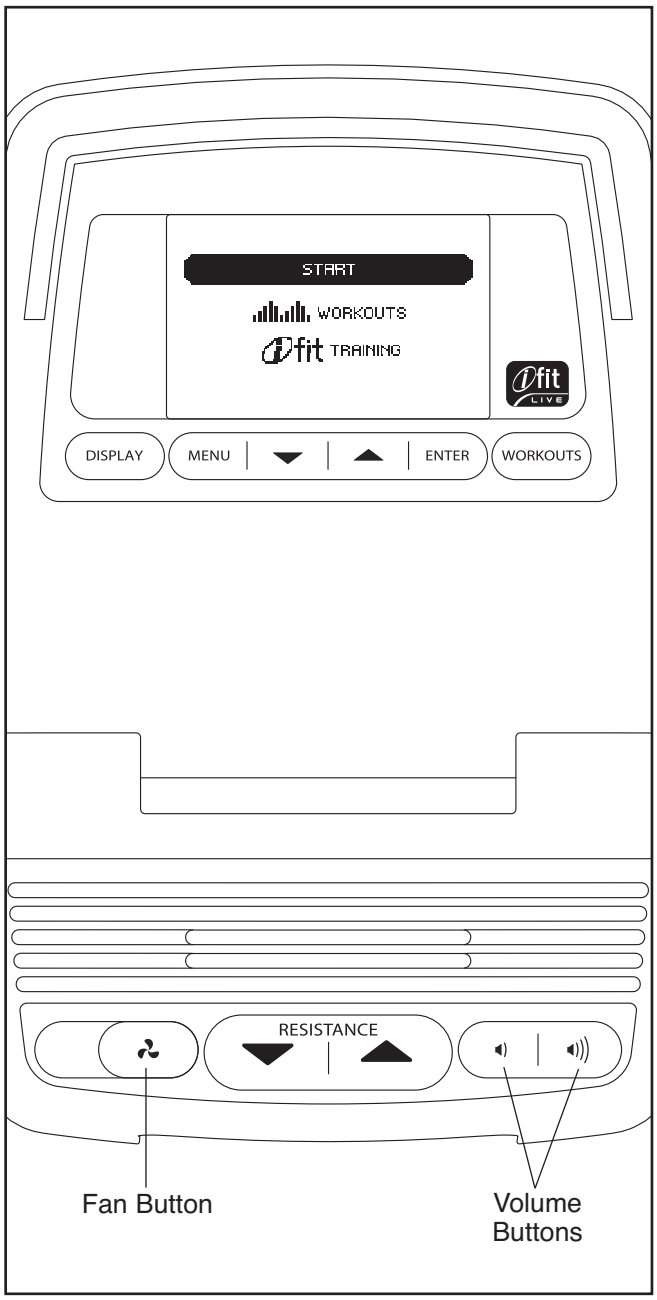
To mount the elliptical, hold the upper body arms and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.



Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow; however, for variety you can turn the crank arms in the opposite direction.

To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip pulse sensor.

The console also offers eighteen preset workouts—ten weight loss workouts and eight timed workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console also features an iFit training mode that allows you to connect to your wireless network through an iFit Live module. The optional iFit Live module allows you to download personalized workouts and to track and analyze workout information on the iFit Live website. **To purchase an iFit Live module at any time, go to www.ifit.com or call the telephone number on the front cover of this manual.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To activate the console, see page 17. **To use the manual mode,** see page 17. **To use a preset workout,** see page 18. **To use the iFit training mode,** see page 20. **To use the sound system,** see page 20. **To use the information mode,** see page 20.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO ACTIVATE THE CONSOLE

The included power adapter must be used to operate the elliptical. See HOW TO PLUG IN THE POWER ADAPTER on page 14. When the power adapter is plugged in, the displays will turn on and the console will be ready for use.

HOW TO TURN OFF THE CONSOLE

If the pedals do not move for several seconds, a tone will sound and the console will pause.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

When you are finished exercising, unplug the power adapter. **IMPORTANT: If you do not do this, the electrical components on the elliptical may wear prematurely.**

HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO ACTIVATE THE CONSOLE above.

2. **Select the manual mode.**

   Each time you turn on the console, the main menu will appear.

   To select the manual mode, press the Increase and Decrease buttons next to the Enter button and highlight START. Then, press the Enter button.

   If you have selected a workout or the iFit Training mode, press the Menu button to return to the main menu.

3. **Change the resistance of the pedals as desired.**

   As you pedal, change the resistance of the pedals by pressing the Resistance Increase and Decrease buttons.

   Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

   The console offers several display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.

   The display can show the following workout information:

   Calories—This display mode will show the approximate number of calories you have burned.

   Profile—When a workout is selected, this display mode will show a profile of the resistance levels for the workout.

   Pulse—This display mode will show your heart rate when you use the handgrip pulse sensor (see step 5 on page 18).

   Resistance—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

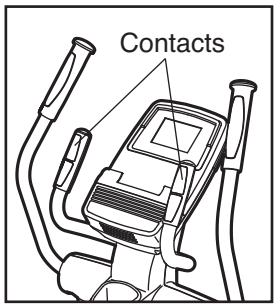
   RPM—This display mode will show your pedaling pace, in revolutions per minute (rpm).

   Strides—This display mode will show the total number of strides you have pedaled.

   Time—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, the display mode will show the time remaining in the workout instead of the elapsed time.

   Change the volume level of the console by pressing the Volume Increase and Decrease buttons (see the drawing on page 16).

5. **Measure your heart rate if desired.**



If there are sheets of plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, your heart rate will appear in the display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **Turn on the fan if desired.**

Press the Fan button (see the drawing on page 16) repeatedly to turn on or to turn off the fan.

7. **When you are finished using the elliptical, the console will turn off automatically.**

See HOW TO TURN OFF THE CONSOLE on page 17.

HOW TO USE A PRESET WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

See HOW TO ACTIVATE THE CONSOLE on page 17.

2. **Select a preset workout.**

If you have selected a workout or the iFit Training mode, press the Menu button to return to the main menu.

To select a preset workout, first press the Increase and Decrease buttons next to the Enter button and highlight WORKOUTS. Then, press the Enter button.

Next, press the Increase and Decrease buttons to highlight the desired workout category. Then, press the Enter button.

You can also press the Workouts button repeatedly to select a workout category or the manual mode.

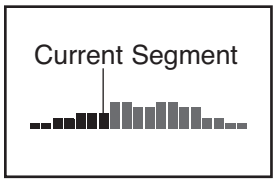
Press the Increase and Decrease buttons to highlight the desired workout subcategory. Then, press the Enter button.

Press the Increase and Decrease buttons to highlight the name of the desired workout. The duration, the maximum rpm (pedaling pace), the maximum resistance level, and a profile of the resistance levels of the workout will appear in the right side of the display. Then, press the Enter button.

3. **Begin pedaling to start the workout.**

Each workout is divided into one-minute segments. One resistance level and one target rpm (pedaling pace) are programmed for each segment. Note: The same resistance level and/or target rpm may be programmed for consecutive segments.

The workout profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.



When the first segment of the workout ends, the resistance level and the target rpm for the second segment will appear in the display for a few seconds to alert you. The next segment of the profile will begin to flash, and the pedals will automatically adjust to the resistance level for the next segment.

As you exercise, you will be prompted to keep your pedaling pace (rpm) near the target rpm for the current segment. When the word FASTER appears in the display, increase your pedaling pace. When the word SLOWER appears, decrease your pedaling pace. When no words appear, maintain your current pedaling pace.

IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling pace (rpm) may be slower than the target rpm. Make sure to pedal at a pace that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.**

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 17.

5. **Measure your heart rate if desired.**

   See step 5 on page 18.

6. **Turn on the fan if desired.**

   See step 6 on page 18.

7. **When you are finished using the elliptical, the console will turn off automatically.**

   See HOW TO TURN OFF THE CONSOLE on page 17.

HOW TO USE THE IFIT TRAINING MODE

The optional iFit Live module allows your console to communicate with your wireless network and unlocks exciting new features. For example, you can download personalized workouts, create your own workouts, track your workout results, and access many other features on the iFit Live website. **To purchase an iFit Live module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

To select the iFit training mode, insert the iFit Live module into the console. Press the Menu button and then press the Increase and Decrease buttons next to the Enter button and highlight IFIT TRAINING. Then, press the Enter button.

For more information about the iFit training mode, go to www.iFit.com. Note: To use the iFit Live module, you must have access to a computer with an internet connection and a USB port. You must also have your own wireless network including an 802.11b router with SSID broadcast enabled (hidden networks are not supported). You will also need an iFit.com membership.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug the included audio cable into the jack on the side of the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player or press the Volume Increase and Decrease buttons on the console (see the drawing on page 16).

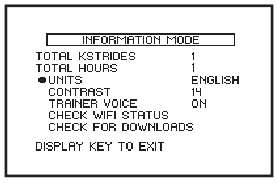
HOW TO USE THE INFORMATION MODE

The console features an information mode that allows you to view usage information, select a unit of measurement for the iFit Live workouts, and to adjust the contrast level of the displays.

When an iFit Live module is connected to the console, you can also use the information mode to choose an audio setting for the voice of the personal trainer, check the status of the iFit Live module, and check for downloads.

1. **Select the information mode.**

   To select the information mode, press and hold down the Display button for a few seconds until the information mode appears in the display.



2. **View usage information.**

   The display will show the total distance that has been pedaled on the elliptical. The display will also show the total number of hours that the elliptical has been used.

3. **Select a unit of measurement if desired.**

   Note: Some iFit Live workouts will display the distance in miles or kilometers.

   The word ENGLISH for English miles or the word METRIC for metric kilometers will appear in the display to indicate the currently selected unit of measurement.

   To change the unit of measurement, press the Increase and Decrease buttons until the bullet appears next to the word UNITS. Then, press the Enter button repeatedly to select the desired unit of measurement.

4. **Adjust the contrast level of the display if desired.**

   The currently selected contrast level will also appear in the display. To change the contrast level, press the Increase and Decrease buttons until the bullet appears next to the word CONTRAST.

   Press the Enter button and then press the Increase and Decrease buttons repeatedly to select the desired contrast level. Press the Enter button again to save your selection.

5. **Determine if an iFit Live module is connected to the console.**

   If an iFit Live module is connected to the console, the display will show the words WIFI STATUS or USB STATUS.

   If no accessory is connected, the display will show the words NO MODULE DETECTED. If no accessory is connected, go to step 9.

6. **Select an audio setting for the voice of the personal trainer if desired.**

   The currently selected audio setting for the voice of the personal trainer will also appear in the display.

   To change the audio setting, press the Increase and Decrease buttons until the bullet appears next to the words TRAINER VOICE. Then, press the Enter button repeatedly to turn the voice of the personal trainer ON or OFF.

7. **Check the status of the iFit Live module if desired.**

   To check the status of the iFit Live module, press the Increase and Decrease buttons until the bullet appears next to the words CHECK WIFI STATUS or CHECK USB STATUS.

   Then, press the Enter button. After a few seconds, the status of the iFit Live module will appear in the display. To exit this display, press and hold down the Display button for a few seconds.

8. **Check for downloads if desired.**

   To check for iFit Live workouts and firmware downloads, press the Increase and Decrease buttons until the bullet appears next to the words CHECK FOR DOWNLOADS.

   Then, press the Enter button. The console will then check for iFit Live workouts and firmware downloads.

9. **Exit the information mode.**

   Press the Display button to exit the information mode.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

WARNING: Per FCC rules, changes or modifications not expressly approved by ICON could void the user's authority to operate the equipment.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical regularly. Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

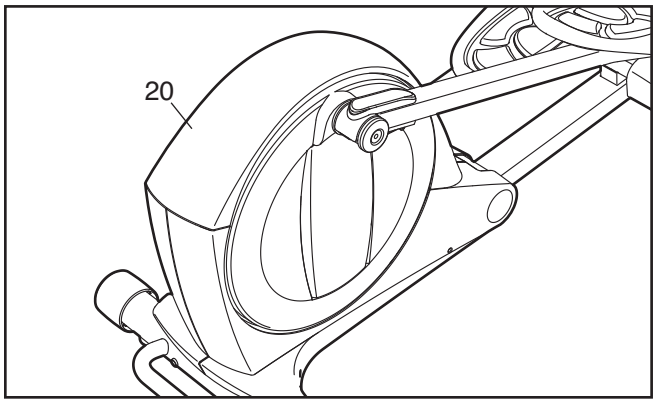
If the console does not turn on, make sure that the power adapter is fully plugged in. If lines appear in the console display, see HOW TO USE THE INFORMATION MODE on page 20 and adjust the contrast level of the display.

If the handgrip pulse sensor does not function properly, see step 5 on page 18.

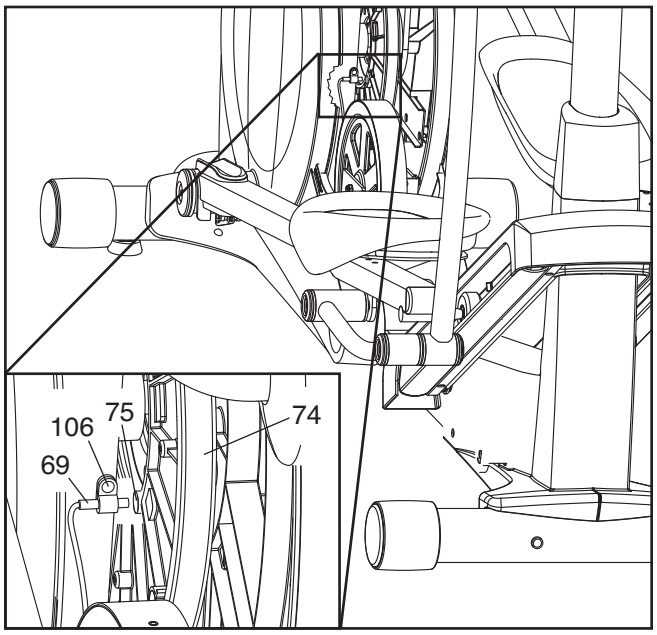
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, first unplug the power adapter. Using a flat screwdriver, release the tabs on the Access Cover (20) and pry the Access Cover upward off the elliptical.



Next, look into the access opening and locate the Reed Switch (69). Rotate the Large Pulley (74) until a Pulley Magnet (75) is aligned with the Reed Switch.



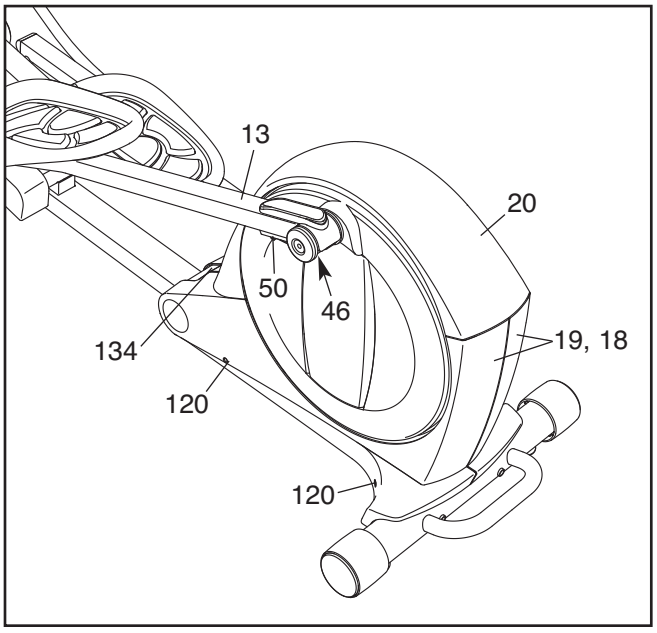
Next, loosen, but do not remove, the indicated M4 x 16mm Screw (106). Slide the Reed Switch (69) slightly toward or away from the Pulley Magnet (75). Then, retighten the M4 x 16mm Screw.

Plug in the power adapter and rotate the large pulley for a moment. Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the access cover.

HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

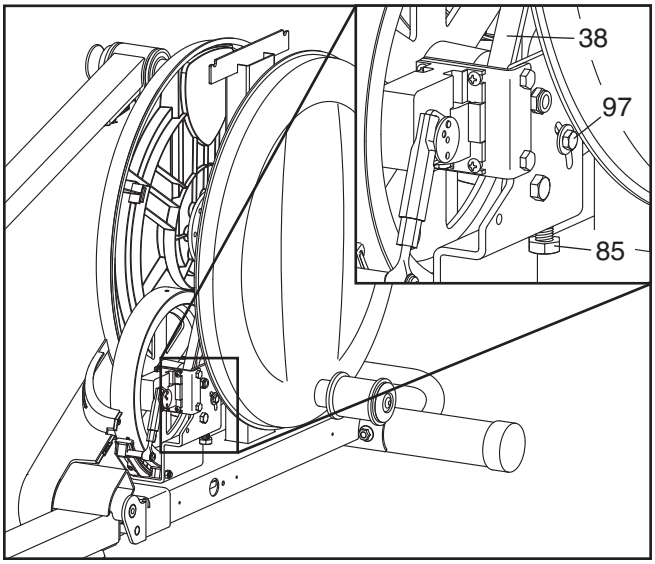
To adjust the drive belt, first unplug the power adapter. Using a flat screwdriver, release the tabs on the Access Cover (20) and pry the Access Cover upward off the elliptical.



Next, lift the Latch (50) on the underside of the Left Pedal Arm (13), and then lift the Left Pedal Arm off the left Pedal Arm Sleeve (46).

Then, remove the M4 x 16mm Round Head Screws (134) and the M4 x 42mm Screws (120) from the Right and Left Shields (18, 19). (Note: Not all Screws are shown. Be sure to note which size Screws come from which holes.) Then, carefully remove the Left Shield.

Loosen the Pivot Screw (97). Tighten the Belt Adjustment Screw (85) until the Drive Belt (38) is tight. When the Drive Belt is tight, tighten the Pivot Screw.



When you are finished, reattach the left shield, replace the left pedal arm, and reattach the access cover. Then, plug in the power adapter.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♡
145	*138*	*130*	*125*	*118*	*110*	*103*	♡
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

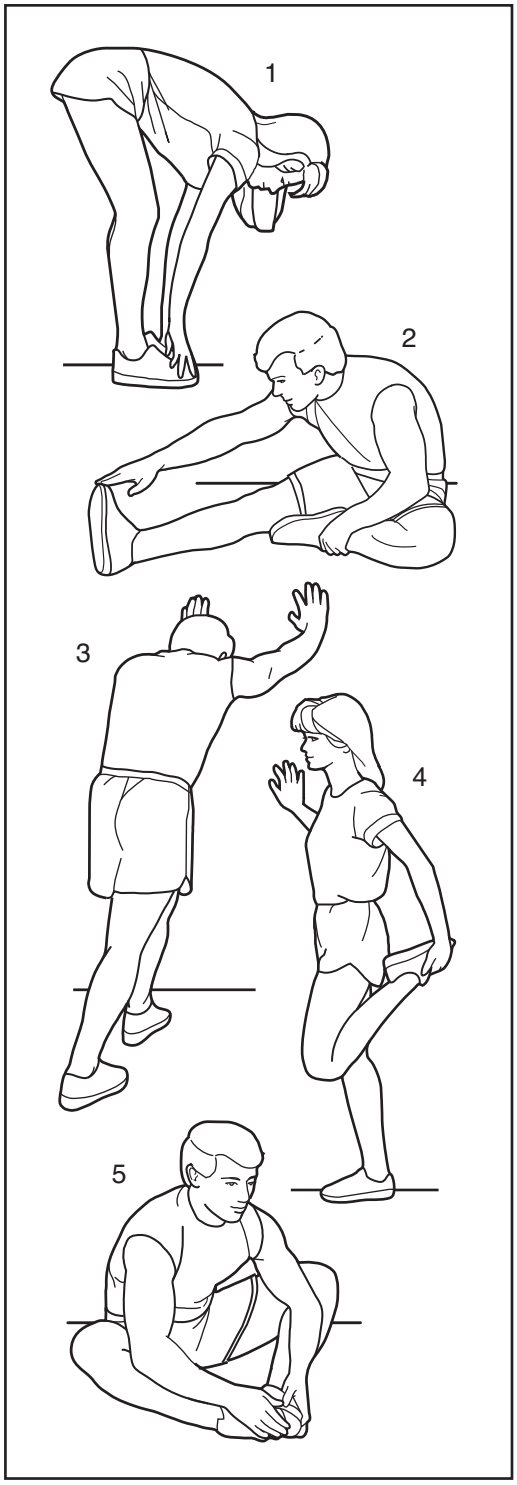
Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

PART LIST—Model No. PFEL05619.0

R1010A

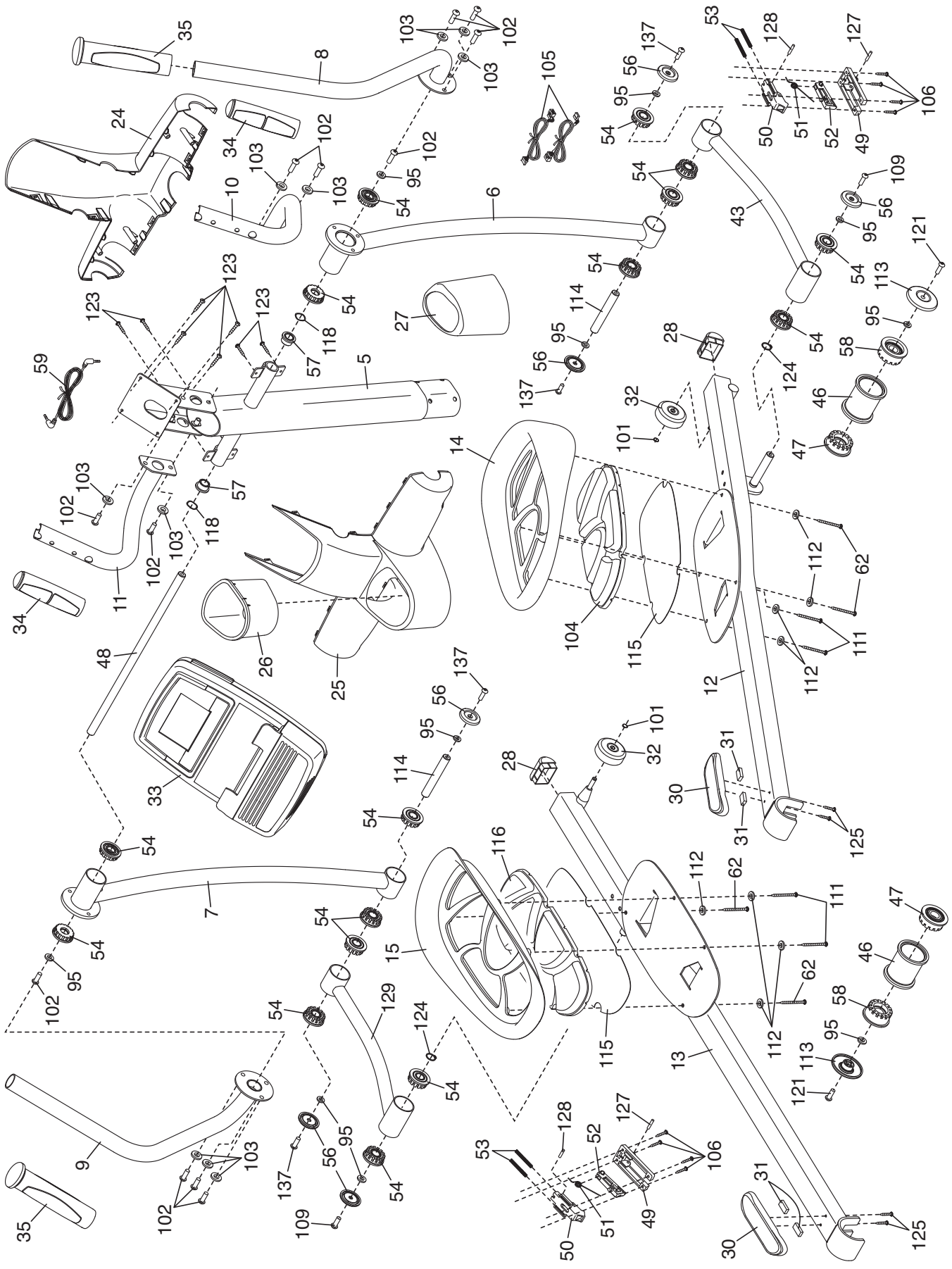
Key No.	Qty.	Description
1	1	Main Frame
2	1	Folding Frame
3	1	Front Stabilizer
4	1	Rear Stabilizer
5	1	Upright
6	1	Right Upper Body Leg
7	1	Left Upper Body Leg
8	1	Right Upper Body Arm
9	1	Left Upper Body Arm
10	1	Right Handlebar
11	1	Left Handlebar
12	1	Right Pedal Arm
13	1	Left Pedal Arm
14	1	Right Pedal
15	1	Left Pedal
16	2	Wheel Cap
17	2	Disc
18	1	Right Shield
19	1	Left Shield
20	1	Access Cover
21	1	Right Frame Cover
22	1	Left Frame Cover
23	2	Double Tree Fastener
24	1	Front Upright Cover
25	1	Rear Upright Cover
26	1	Water Bottle Holder
27	1	Top Cover
28	2	Pedal Arm Cap
29	18	Mount w/Screw
30	2	Magnet Cover
31	4	Pedal Arm Magnet
32	2	Pedal Arm Roller
33	1	Console
34	2	Pulse Sensor/Wire
35	2	Handgrip
36	2	Wheel
37	2	Stabilizer Cap
38	1	Drive Belt
39	2	Crank Arm
40	2	Disc Insert
41	3	Leveling Foot
42	1	Latch Bracket
43	1	Right Link Arm
44	1	Ramp Pin
45	1	Ramp Knob
46	2	Pedal Arm Sleeve
47	2	Inner Sleeve Bushing
48	1	Upright Axle
49	2	Latch Housing
50	2	Latch
51	2	Large Latch Spring
52	2	Latch Insert
53	4	Long Latch Spring
54	16	Arm/Leg Bushing
55	4	M4 x 16mm Flat Head Screw
56	6	Small Axle Cover
57	2	Upright Bushing
58	2	Outer Sleeve Bushing
59	1	Audio Cable
60	1	Main Wire
61	1	Flywheel
62	4	M6 x 50mm Patch Screw
63	1	Frame Axle
64	4	Main Frame Bushing
65	1	Latch Bracket Axle
66	1	Latch Bracket Spring
67	1	Latch Button
68	1	Button Housing
69	1	Reed Switch/Wire
70	1	Clamp
71	1	Crank Hub
72	1	Crank
73	1	Crank Spacer
74	1	Large Pulley
75	2	Pulley Magnet
76	2	Folding Frame Bearing
77	1	Idler
78	1	Resistance Motor
79	1	Adjustment Assembly
80	1	Resistance Wheel
81	1	Adjustment Lock
82	1	Motor Bracket
83	1	C-magnet Bracket
84	1	Flywheel Axle
85	1	Belt Adjustment Screw
86	8	M8 x 28mm Patch Screw
87	2	Crank Snap Ring
88	1	C-magnet Bracket Bolt
89	4	Motor Screw
90	1	M5 x 7mm Screw
91	1	M3.5 x 12mm Screw
92	1	M6 Locknut
93	1	Pin Spring
94	2	M8 Jam Nut
95	10	M8 Washer
96	1	M6 Washer
97	1	Pivot Screw
98	2	Motor Bracket Screw
99	1	Idler Bolt
100	4	M10 x 95mm Patch Screw

Key No.	Qty.	Description
101	2	Small Pedal Arm Snap Ring
102	16	M8 x 16mm Patch Screw
103	14	M8 Split Washer
104	1	Right Pedal Pad
105	2	Pulse Wire
106	9	M4 x 16mm Screw
107	4	M10 x 20mm Button Screw
108	6	M10 Washer
109	4	M8 x 16mm Button Screw
110	2	M8 x 23.5mm x 1mm Washer
111	4	M6 x 12mm Patch Screw
112	8	M6 Washer
113	2	Large Axle Cover
114	2	Link Arm Axle
115	2	Pedal Plate
116	1	Left Pedal Pad
117	1	Flywheel Bearing
118	2	Wave Washer
119	1	M4 x 25mm Screw
120	4	M4 x 42mm Screw
121	2	M8 x 25mm Patch Screw
122	1	3/8" x 13mm Flange Screw
123	8	M4 x 19mm Screw
124	2	Large Pedal Arm Snap Ring
125	4	M4 x 8mm Screw
126	2	M10 Locknut
127	2	Long C-pin
128	2	Short C-pin
129	1	Left Link Arm
130	1	Ramp
131	1	Ramp Cover
132	4	Ramp Bushing
133	1	Ramp Axle
134	10	M4 x 16mm Round Head Screw
135	1	Power Receptacle/Wire
136	4	M8 x 38mm Screw
137	4	M8 x 35mm Patch Screw
138	1	Power Adapter
*	–	Assembly Tool
*	–	Grease Packet
*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

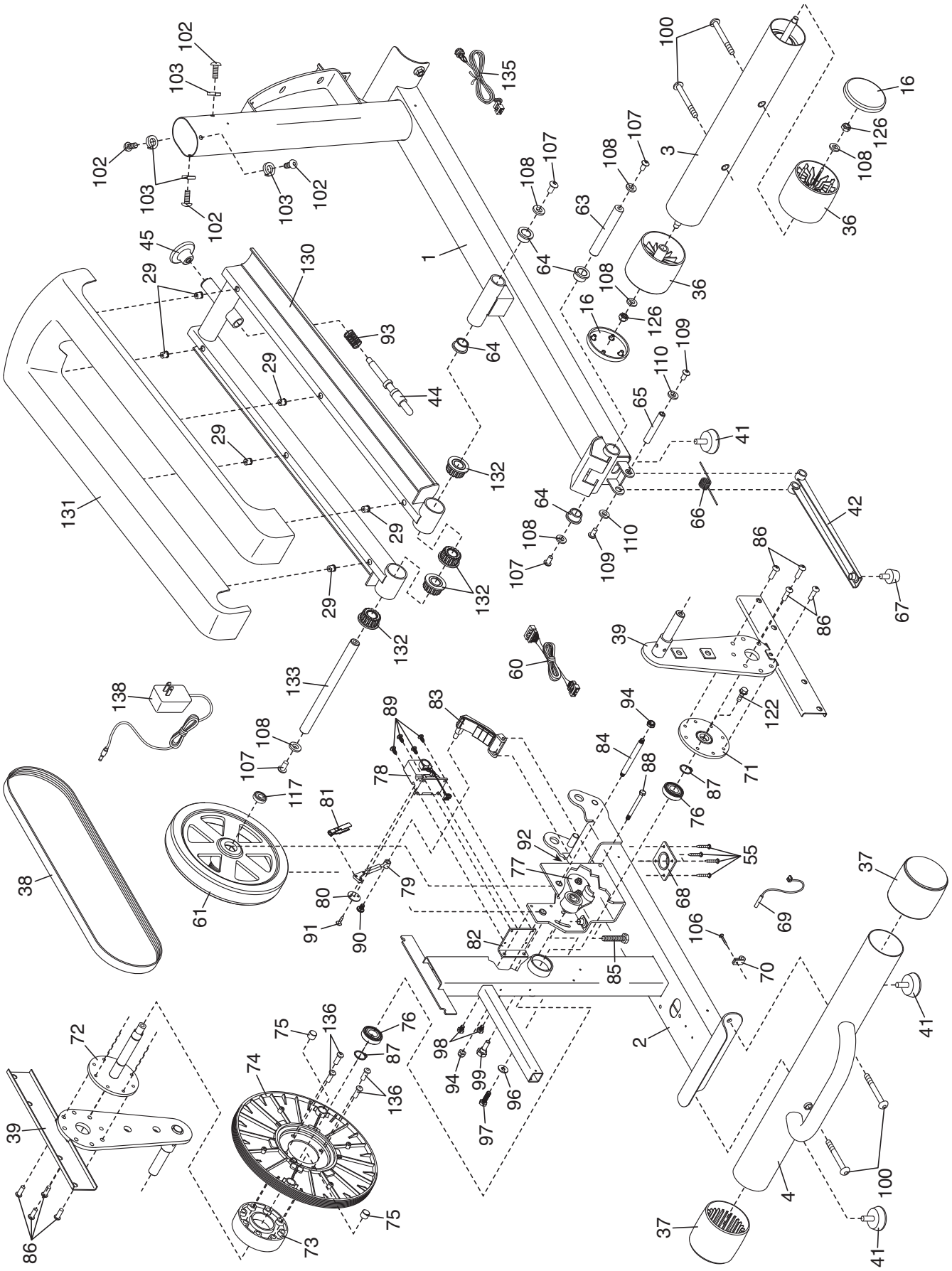
EXPLODED DRAWING A—Model No. PFEL05619.0

R1010A



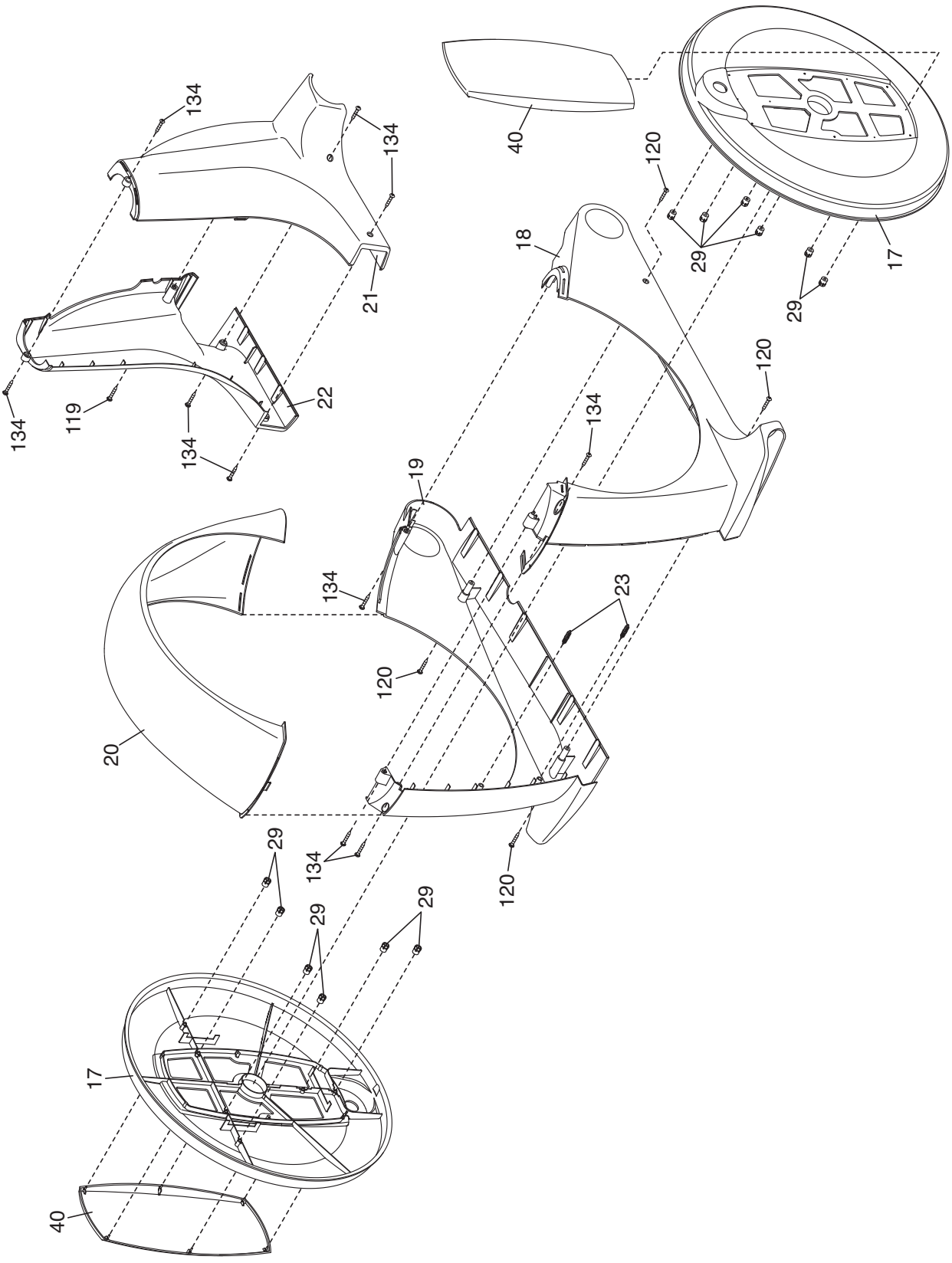
EXPLODED DRAWING B—Model No. PFEL05619.0

R1010A



EXPLODED DRAWING C—Model No. PFEL05619.0

R1010A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.proformservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 298440 R1010A

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